

WHAT IS CLAIMED IS:

1. A portioning device that can portion a food based on the number of calories or Centicals of the portion of food.
2. The device of claim 1, wherein the weight of the food is converted to calories or Centicals.
3. The device of claim 2, wherein the conversion is made through the device's internal computer software.
4. The device of claim 2, wherein the conversion is made through ERP.
5. The device of claim 1, wherein a portion with a pre-determined number of calories can be provided.
6. The device of claim 5, wherein the desired number of calories is selected from the group consisting of about 50, 100, 150, 200, 250, 300, 350, 400, 450, 500 600, 750 and 1000.
7. The device of claim 1, wherein said device is selected from the group consisting of a cutting machine, shredder and dicer.
8. The device of claim 1, wherein said device is a fruit or vegetable sorting machine.
9. The device of claim 1, wherein the food is selected from the group consisting of cheese, fruit, vegetables, poultry, meat, fish and bread.

10. A weighing device that can display the number of calories or Centicals of a food and wherein a) the device provides nutritional information per pre-determined number of calories or b) can compute the price of the food.

11. The device of claim 10, wherein the weight of the food is converted to calories or Centicals.

12. The device of claim 11, wherein the conversion is made through the device's internal computer software.

13. The device of claim 11, wherein the conversion is made through ERP.

14. The device of claim 10, wherein the device is a price computing scale.

15. The device of claim 14, wherein the device accesses a weight-calorie conversion table.

16. The device of claim 15, wherein the table is accessed through the internal software of the device.

17. The device of claim 15, wherein the table is accessed through ERP.

18. The device of claim 10, wherein the device can add the caloric content of two or more packages of food.

19. The device of claim 10, which is integrated with another device.

20. The device of claim 19, wherein the other device is selected from the group consisting of a wrapping machine, size reduction machine, label printer and cash register.

21. The device of claim 10, wherein the caloric information is printed.
22. The device of claim 10, wherein the calories are in about multiples of 50.
23. The device of claim 10, wherein the device provides nutritional information per pre-determined number of calories.
24. The device of claim 23, wherein the information is price per pre-determined number of calories.
25. The device of claim 23, wherein the information is weight per pre-determined number of calories.
26. A register that provides the price and approximate caloric or Centical content of a food.
27. The register of claim 26, wherein the caloric content is accessed through the internal software of the device.
28. The register of claim 26, wherein the caloric content is accessed through ERP.
29. The register of claim 26, wherein the caloric content is printed.
30. The register of claim 26, wherein it can add the caloric content of two or more packages.
31. The register of claim 26, wherein it can provide the total number of calories of all foods purchased.

32. The register of claim 31, wherein this total number is rounded to either the nearest or higher 50.

33. A display that provides the approximate number of calories of a serving of food and the approximate number of calories of the selected amount of the food, wherein these two approximate numbers are different.

34. The display of claim 33, wherein the caloric content of the package is about 20 or more calories than the caloric content of a serving.

35. The display of claim 33, wherein the caloric content of the package is about 50% or more calories than the caloric content of a serving.

36. The display of claim 33, which is in the form of a table.

37. The display of claim 33, which is printed.

38. The display of claim 37, which is on a label.

39. The display of claim 33, which is in electronic form.

40. Two or more displays that provide nutritional information per substantially uniform caloric content.

41. The displays of claim 40, wherein the substantially uniform caloric content is 50 or 100 calories.

42. The displays of claim 40, wherein at least two of such foods are different types of foods.

43. The displays of claim 40, wherein at least two of such foods have different weights.
44. The displays of claim 40, which are in the form of a table.
45. The displays of claim 40, which are printed.
46. The displays of claim 45, which are on a label.
47. The displays of claim 40, which are in electronic form.
48. A method of reporting the nutritional content of a food product comprising reporting the nutritional content per a pre-determined approximate number of calories or Centicals.
49. The method of claim 48, wherein said number is substantially uniform number with the number reported for one or more other foods.
50. The method of claim 49, wherein the substantially uniform number is 50 or 100.
51. The method of claim 48, wherein the number of calories per serving of the food product is not presented.
52. The method of claim 48, wherein the pre-determined approximate number of calories or Centicals is different than the approximate number of calories or Centicals per serving or per weight unit.

53. The method of claim 52, wherein the pre-determined approximate number of calories or Centicals of the food product is 50% or more than the approximate number of calories or Centicals per serving.

54. The method of claim 48, wherein the nutritional content of the food product being reported comprises at least one of the following: the weight, price, fat, saturated fat, unsaturated fat, trans fat, protein, carbohydrate, vitamin and mineral content of the product.

55. The method of claim 48, wherein the pre-determined approximate number of calories is selected from the group consisting of 50, 100, 150, 200, 250, 300, 350, 400, 450, 500, 600, 750 and 1000.

56. A food product and packaging material that packages the food product, the packaging material displaying the nutritional content of a food product per a pre-determined approximate number of calories or Centicals.

57. A plurality of different food products of the food product of claim 56, each having said pre-determined approximate number of calories or Centicals.

58. The composition of claim 56, wherein said number is substantially uniform number with the number reported for one or more other food products.

59. The composition of claim 58, wherein said substantially uniform number is 50 or 100.

60. The composition of claim 56, wherein the number of calories per serving of the food product is not displayed.

61. The composition of claim 56, wherein the pre-determined approximate number of calories or Centicals is different than the approximate number of calories or Centicals per serving.

62. The composition of claim 56, wherein the pre-determined approximate number of calories or Centicals of the food product is 50% or more than the approximate number of calories or Centicals per serving.

63. The composition of claim 56, wherein the nutritional content of the food product being reported comprises the weight, price, fat (saturated and unsaturated), protein, carbohydrate, vitamin and mineral content of the product.

64. The composition of claim 56, wherein the pre-determined approximate number of calories is selected from the group consisting of 50, 100, 150, 200, 250, 300, 350, 400, 450, 500, 600, 750 and 1000.